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STRETCHING

Swimming

Consult a physician before starting any stretching regime. This chart is for informational purposes only.

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

Bodyblade Exercise Guide

Tone, Sculpt and Transform the Shape of Your Body

SUPER 6	CORE	CHISEL	FLOW
1. Chest Press	1. Side Plank	1. Downward Press	1. Toe Press
2. Back & Shoulder Reach	2. Upper Cut	2. Handstand	2. Single Press
3. Air Crunch	3. Plank	3. Hip & Thigh Squeeze	3. Back Press
4. Single Press	4. Hip & Thigh Squeeze	4. Bridging Air Crunch	4. Handstand
5. Bicep Tricep Trainer	5. Two Point Back	5. Lift	5. Warrior I
6. Hip & Thigh Squeeze	6. Lunging Rotational Air Crunch	6. Side Plank	6. Warrior II



^ a b Dommerholt J, del Moral OM, Grobli C (2006). PMID 23756457. S2CID 11603020. ^ a b c Hu HT, Gao H, Ma RJ, Zhao XF, Tian HF, Li L (2018). ^ a b Kietrys DM, Palombaro KM, Azzaretto E, Hubler R, Schaller B, Schluskel JM, Tucker M (2013). PLATT, D.C., P.C., dba Woodstock Chiropractic Clinic, Intervenors-Respondents (PDF). 23 (3): 278-286. ^ a b Gilmartin, S (2018). ^ a b Hobbs, Valerie (2011). Archived from the original on 2010-06-15. Practice and Research Physiotherapy. " Effects of dry needling therapy in the shoulder region on patients with pain and higher extremity dysfunction: systematic review with metaanalysis." S2CID 81141020. On the other hand, to be certified in the dry needle requires continuous education or a certification program that is not yet regulated by strict standards; in addition, there is a general lack of responsibility for policies, evaluation systems or health standards that govern the technique of the dry needle. [1] Technical technique for dry treatment depends on which tissue is being concentrated and what is the overall goal of treatment. ISSN 0025-7974. SportEX Dynamics. However, the authors warn that "the limited number of studies carried out to date, combined with methodological failures in many of the studies, causes caution in interpreting the results of the meta-analysis performed." [16] In addition, a second review of dry need found



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